

Bronze MEDALLION

BY **weider**

ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

weider®

WEIDER HEALTH AND FITNESS

21100 Erwin Street, Woodland Hills, California, U.S.A. 91367

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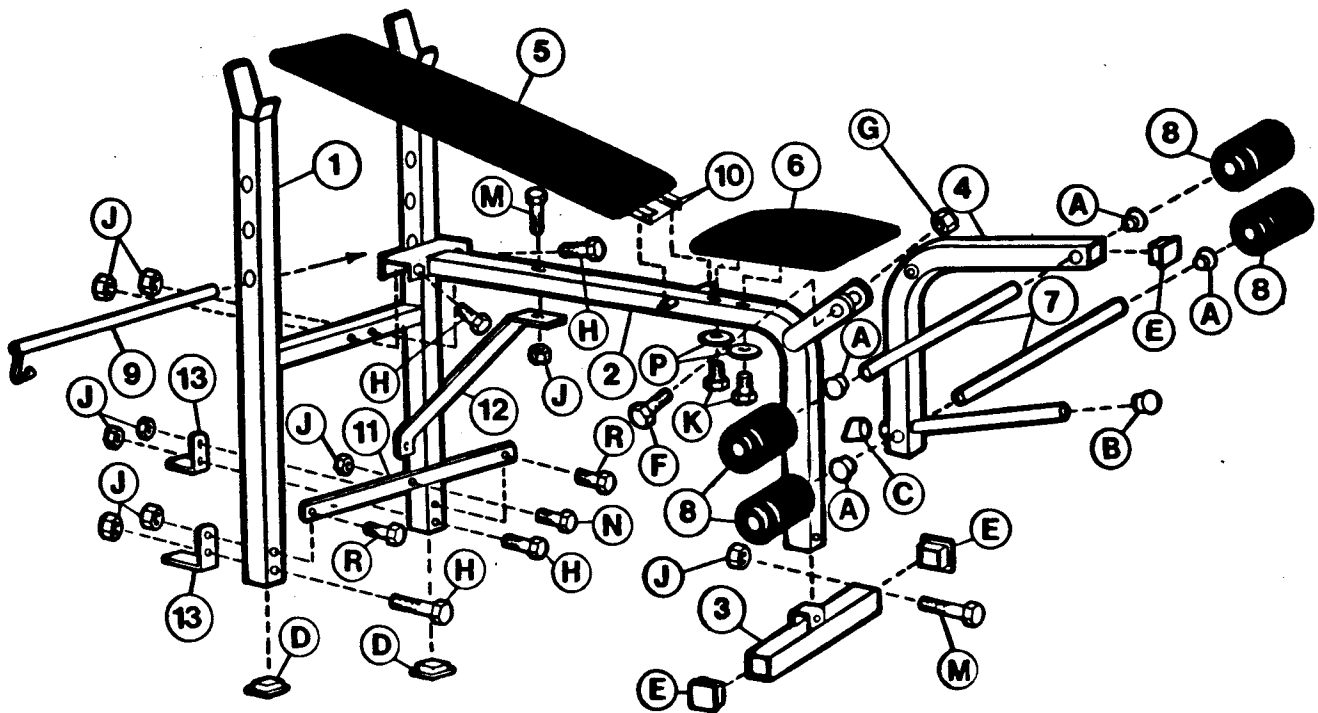


DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	C0232-A23
2	MAIN FRAME	1	C0170-A23
3	FRONT SUPPORT	1	C0171-A23
4	LEG CURL	1	C0172-A23
5	BACKREST	1	C0343-A23
6	SEAT	1	C0344-A23
7	PAD BAR	2	C6112-A23
8	FOAM PAD	4	C0425-A05
9	BACKREST ADJ BAR	1	C6045-A05
10	LONG ANGLE IRON	2	C6113-A23
11	UPRIGHT BRACE	1	C0173-A23
12	MAIN FRAME BRACE	1	C0174-A23
13	L-BRACKET	2	C6128-C05
	HARDWARE BAG	1	C5809-B24
A	3/4" ROUND PLASTIC CAP	4	AA-8004
B	1" ROUND PLASTIC CAP	1	AA-8005
C	1" ROUND COVER CAP	1	AA-8070
D	1 1/2" SQUARE PLASTIC CAP	2	AA-8001
E	1 1/4" SQUARE PLASTIC CAP	3	AA-8069
F	3/8"-16 X 2 1/4" HEX HEAD BOLT	1	HH-5061
G	3/8"-16 LOCK NUT	1	HH-5013
H	5/16"-20 X 2" HEX HEAD BOLT	4	HH-5017
J	5/16"-20 LOCK NUT	9	HH-5021
K	1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
M	5/16"-20 X 1 3/4" HEX HEAD BOLT	2	HH-5240
N	5/16"-20 X 3/4" HEX HEAD BOLT	1	HH-5241
P	1/4" FLAT WASHER	2	HH-5048
R	5/16"-20 X 2 1/4" HEX HEAD BOLT	2	HH-5035
	UPRIGHT DECAL	2	DE-4059
	INSTRUCTION MANUAL	1	CNN-1070

REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

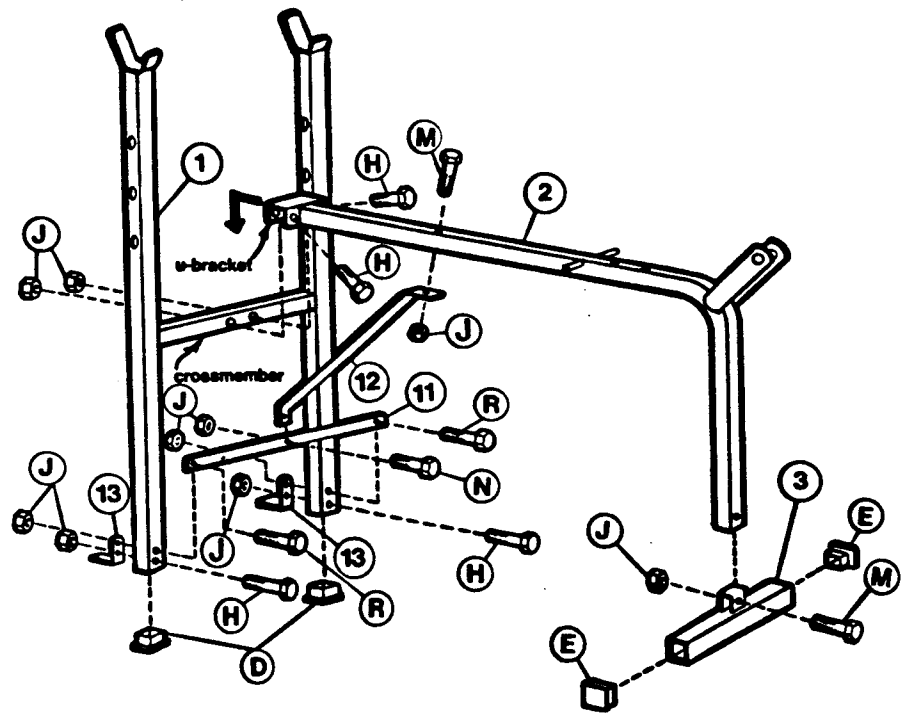
IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

● MODEL NO.

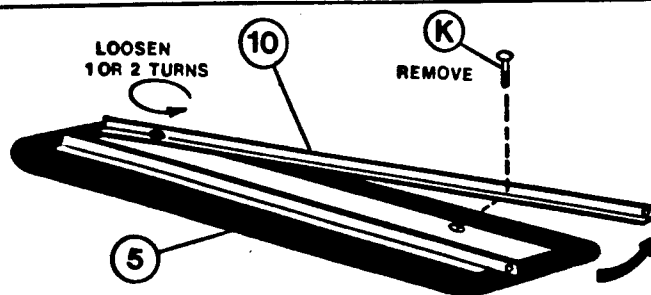
● NAME OF PART

● ORDERING NUMBER



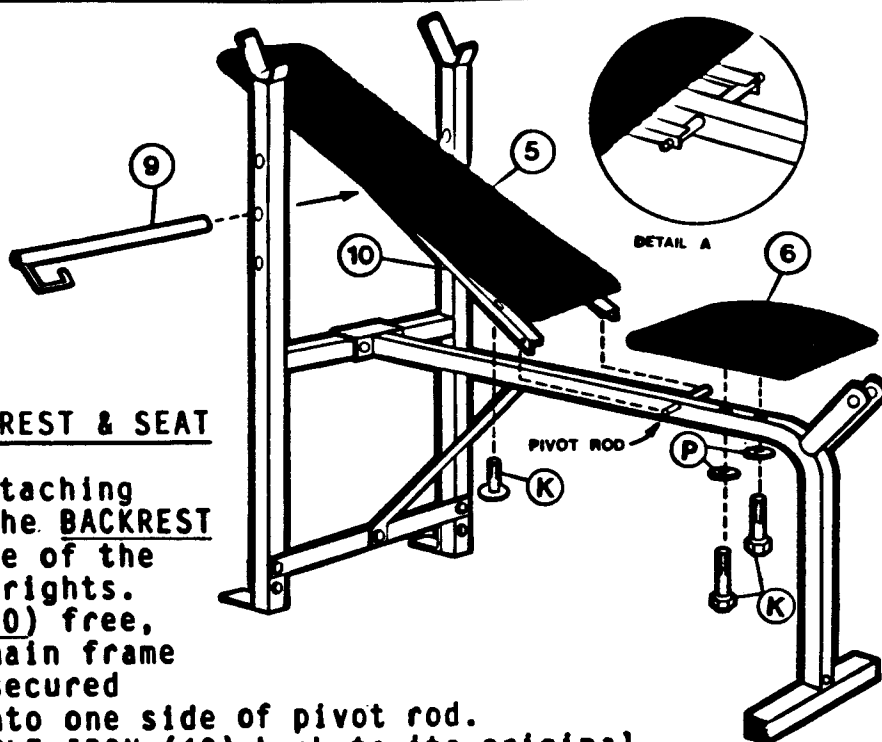
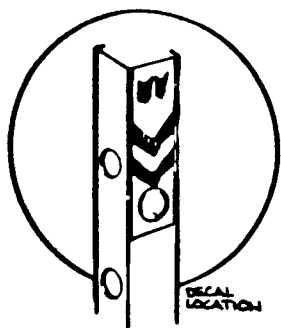
STEP 1 - FRAME ASSEMBLY

Begin by inserting 2 SQUARE PLASTIC CAPS (D) into UPRIGHT (1). Align bolt holes on MAIN FRAME (2) and FRONT SUPPORT (3). Secure with 1 HEX HEAD BOLT (M) and 1 LOCK NUT (J). With UPRIGHT (1) standing, lower u-bracket of MAIN FRAME (2) onto upright crossmember. Align bolt holes and secure with 2 HEX HEAD BOLTS (H) and 2 LOCK NUTS (J). Align bolt holes of UPRIGHT BRACE (11) with the top holes of the hole patterns located on bottom end of UPRIGHT (1) and then through top hole of L-BRACKETS (13). Secure with 2 HEX HEAD BOLTS (R) and 2 LOCK NUTS (J). Finger tighten only! Align bottom holes of both L-BRACKETS (13) and UPRIGHT (1) and secure with HEX HEAD BOLTS (H) and LOCK NUTS (J). Align bolt hole on MAIN FRAME BRACE (12) with center hole on UPRIGHT BRACE (11). Secure with HEX HEAD BOLT (N) and LOCK NUT (J). Align bolt hole on MAIN FRAME BRACE (12) with hole on MAIN FRAME (2) and secure with HEX HEAD BOLT (M) and LOCK NUT (J). Insert 2 SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (3). Tighten all bolts.



STEP 2 - BACKREST PREPARATION

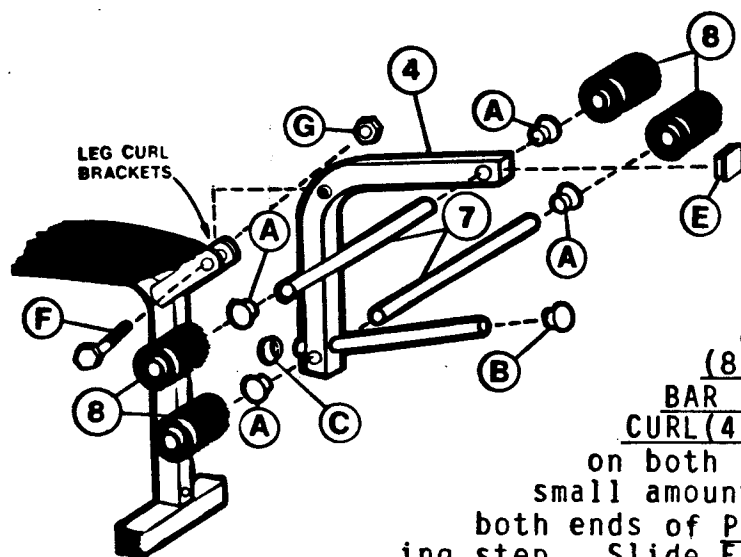
Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (5) for shipment. One long angle iron must be loosened in order to assemble BACKREST (5) to main frame pivot rod. The lower MACHINE SCREW (K) must be removed while the upper MACHINE SCREW (K) is only loosened. The LONG ANGLE IRON (10) can now swing freely from the lower end of BACKREST (5).



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching backrest, first slide the **BACKREST ADJ. BAR (9)** through one of the hole patterns in the uprights. With **LONG ANGLE IRON (10)** free, lower **BACKREST (5)** to main frame pivot rod. Slide the secured **LONG ANGLE IRON (10)** onto one side of pivot rod. Swing the free **LONG ANGLE IRON (10)** back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace **MACHINE SCREW (K)** that was removed in Step 2 and tighten all machine screws.

SEAT: With **SEAT (6)** right-side up, lower **SEAT (6)** to **MAIN FRAME (2)**. Align bolt holes and fasten with 2 **MACHINE SCREWS (K)** and 2 **FLAT WASHERS (P)**. Tighten all machine screws.



STEP 4 - ATTACHING LEG CURL

Place **LEG CURL (4)** between leg curl brackets on main frame and align bolt holes. Secure with **HEX HEAD BOLT (F)** and **LOCK NUT (G)**. Repeat the following instructions until all **PAD BARS (7)** and **FOAM PADS (8)** are in place. First slide **PAD BAR (7)** through proper hole in **LEG CURL (4)** until equal amounts of bar are on both sides of **LEG CURL (4)**. Apply a small amount of liquid dish detergent to both ends of **PAD BAR (7)** to aid in the following step. Slide **FOAM PAD (8)** onto each end of **PAD BAR (7)** and insert **ROUND PLASTIC CAP (A)** into each end of **PAD BAR (7)**. Insert **SQUARE PLASTIC CAP (E)** into end of **LEG CURL (4)**. Insert **ROUND PLASTIC CAP (B)** into weight pin on **LEG CURL (4)**. Place **COVER CAP (C)** over rear extended piece of weight pin.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.